



Glasgow Educational Psychology Service

Kinship Carer Training – Resilience

Transcript

Introductory Slide

No voiceover.

Slide 1

As we have already discussed, all behaviour is communication and children and young people's behaviour can tell us a lot about how they are feeling and give us an insight into their wellbeing. Wellbeing can be understood as how people feel and how they function, both on a personal and a social level, and how they think about and evaluate their lives as a whole.

Many people think of wellbeing as being about day-to-day happiness and while wellbeing does include happiness, it is important to realise that it is a much broader concept than this alone. Wellbeing also refers to other things such as how people feel with their life as a whole, their sense of purpose and how in control they feel.

Most people would agree that wellbeing is something we strive towards and it is vitally important that we do what we can to support the wellbeing of all our children and young people. One of the ways we can help children and young people's wellbeing is to help to promote their resilience. We will now explore resilience in a bit more detail.

Slide 2

Resilience is often thought of or referred to as the ability to bounce back following adversity or setbacks. Resilience allows individuals and families to adapt in the face of adversity, to carry on or even flourish following difficult times or situations which may happen throughout life.

As you can see here [*image of a ring comprising of six segments*], resilience is considered to have six domains or key components. Research shows that the presence and accumulation of the resilience factors are very important in ensuring positive outcomes for young people.

We will now look at each of these domains individually and consider how you as kinship carers can help to promote each of these factors.

It is important to remember that not all of these factors may be relevant to your child or young person at all times so it may be helpful to focus on the factors where you feel you can have the most impact on your young person's wellbeing. This could

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mean picking one or two of the areas and thinking about what you could do to build their strengths within these.

Slide 3 – Secure Base

As kinship carers, providing a secure base for your child or young person is one of the ways that you can have the biggest impact on their wellbeing and behaviour. By providing secure attachment relationships where you are responsive to the needs of your child or young person, you can help to increase their feelings of safety, security and trust within your relationship.

Attuned, in sync interactions and positive adult-child relationships are critical to children and young people's wellbeing, impacting on their perception of themselves, others and of the world more generally.

Children and young people who have a secure base are more likely to think of themselves, others, and the world more positively. They are more likely to trust other adults and to know that they are deserving of the love, care, and support that you and others offer them.

Having a secure base also supports healthy exploration and learning, enabling children and young people to build their independence and to try new things, knowing that you will consistently be there to look after them and to help them as and when needed.

Slide 4 – Education

Attending nursery or school provides your child or young person with an environment in which they can experience, and will be supported to develop the skills, interests and attributes which can help to develop the resilience factors within the other five domains.

Education equips children and young people with the skills and knowledge which will help them to understand and cope with the adversity or difficult situations they may experience or encounter throughout their life.

It is very important that your child or young person is supported to attend nursery or school. Even if things are difficult or if there are aspects of education that they find it difficult to manage, it can be really helpful for you as kinship carers to work closely with the school or nursery to find solutions to help them and for you to try and help them reflect and focus on things that are going well.

Slide 5 – Friendships

Research has shown that there are many benefits to children and young people having a close relationship with at least one peer. These benefits include the support the friend can offer, companionship and opportunities to have fun together. Having a

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close friend also provides opportunities to learn skills for socialising with others, both cooperatively and competitively.

It has been shown that close and positive relationships with a peer can contribute higher levels of self-esteem, lower levels of anxiety and positive outcomes at nursery and school.

You can help your young person to manage friendships by supporting them to understand what it means to be a good friend and to develop the skills needed to maintain these relationships. Modelling positive, reciprocal relationships with others and supporting your CYP to realise they too are deserving of positive friendships, where they are treated well, kindly, and fairly by others can also be very helpful.

Slide 6 – Talents and Interests

Children and young people's resilience can be greatly enhanced through encouragement to participate in activities which they enjoy. These activities may include football or tennis, dancing or gymnastics, or maybe your young person shows an interest in and enjoys art, such as drawing, painting or photography, to name only a few.

Your young person may also show signs of aptitude or skills within their particular area of interest or it be something they just really like doing. Regardless, you as kinship carers can play a key role in supporting and encouraging them to participate in and develop skills within these talents and interests. This has been shown to be very successful in building children and young people's confidence and self-esteem.

Slide 7 – Positive Values

Positive values can be described as being able to respond in a helpful, responsible and caring way towards others. We know children and young people's values, how they think about things and what they consider to be important in life, can influence their behaviour.

As kinship carers, you have a key role in shaping your child or young person's values and beliefs by modelling the values which are important to you and your family through your own behaviours. These may include equality, honesty, kindness towards others and taking responsibility for your own behaviour.

Research has shown that children and young people who are supported by key adults to develop positive values within the context of the family and within society more broadly, are more likely to take responsibility for and to reflect on their own behaviour, to show higher levels of empathy towards others and tend to exhibit less distressed behaviours.

Slide 8 – Social Competencies

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The final domain of resilience is social competence. Social competence can be described as being able to manage thoughts, feelings and behaviour to achieve social tasks and outcomes which are viewed positively within particular contexts.

Social competence covers a range including being able to interpret social cues, understanding how your behaviour might affect you and others and being able to translate this into acceptable social behaviours.

Helping your young person to understand their own and other's feelings can be very helpful in supporting their resilience and wellbeing. One way you can do this is to explicitly name feelings and emotions as they occur, either in yourself or in your child or young person.

If, for example, your child or young person is communicating distress through their behaviour in a particular situation, you might say "I wonder if you are feeling very angry right now because I said we couldn't buy the new toy you wanted or because I said you couldn't go to the party when all your friends are going?"

Some children and young people can find it particularly difficult to understand their feelings and emotions, particularly if they are trying to manage different expectations and rules across different contexts such as at home and at school.

You can also support social competencies by helping your young person to reflect on or think about expectations across different settings and social situations, while recognising how confusing this can be to navigate.

Slide 9

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